

2024-2025 CYO SUPPLEMENTAL BASKETBALL RULES

All CYO basketball games will be played according to the current rules of the National Federation of State High School Associations except as noted herein.

Senior Division (7th & 8th Grade)

Eligibility and Participation

- This division includes players in the 7th & 8th grade and under who are fourteen (14) years old or younger before September 1, 2024.
- There is no minimum playing time, however, each child must enter the game.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate “D” for discipline; “I” for injury/illness. On the reverse of the score sheet the coach must give the player’s name and number and the reason for the disciplinary action.
- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.
- In **All Divisions no single digit greater than 5 may be used**. These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations)
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.
- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Not allowed:
 - Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
 - Hard casts (Soft casts or soft braces are allowed but must be wrapped)
 - Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Four (4) quarters of six minutes each.
- Clock shall stop when an official signals for a foul, a held ball or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of unusual delay in getting a dead ball live and for emergency.
- One 3 Minute Overtime
- Intermission between quarters – 1 minute; between halves – 3 minutes

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be a jump ball at center court.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure.

Official Ball

- Senior Boys will use the regulation composite leather or leather high school size (29.5).(Size 7)
- Senior Girls will use the official ladies' composite leather or leather ball which is the first size under the regulation high school ball. (28.5) (Size 6)
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.
- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 15 Foot Line
- The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- Goal Height - 10 Feet

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

3 Point Baskets

- 3 Point baskets are awarded if the 3-point arc is marked on the court

Full Court Press / Mercy Rule

- No full court press when leading by 20 points or more

- When this violation occurs the ball will be awarded to the offended team at mid-court by means of a throw-in.
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches and spectators for misconduct will be subject to the CYO Coach and Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Six (6) hours per week.

Division 6

Eligibility and Participation

- This division includes players in the 6th grade and under who are twelve (12) years old or younger before September 1, 2024.
- Every child is required to play a minimum of one-fourth of each game provided the child has attended practices regularly and has not been a discipline problem.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate “D” for discipline; “I” for injury/illness. On the reverse of the score sheet the coach must give the player’s name and number and the reason for the disciplinary action.
- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.
- In **All Divisions no single digit greater than 5 may be used**. These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations).
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.

- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Not allowed:
 - Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
 - Hard casts (Soft casts or soft braces are allowed but must be wrapped)
 - Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Four (4) quarters of seven (7) minutes each.
- The clock will stop for time-outs and fouls.
- During the last two (2) minutes of the game, the clock shall stop when an official signals for a foul, a held ball, or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of an unusual delay in getting a dead ball live and for emergency.
- One 3 Minute Overtime

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be a jump ball at center court.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure.

Official Ball

- Division 6 Boys and girls will use the official ladies' composite leather or leather ball which is the first size under the regulation high school ball. 28.5 (Size 6)
- Leather balls may be used if agreed upon by both head coaches.
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.
- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 15 Foot Line
- The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- Goal Height - 10 Feet

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter (New AHSAA Rule).

3 Point Baskets

- 3 Point baskets are awarded if the 3-point arc is marked on the court

Full Court Press / Mercy Rule

- No full court press when leading by 20 points or more
- When this violation occurs the ball will be awarded to the offended team at mid-court by means of a throw-in.
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Five (5) hours per week.

Division 5

Eligibility and Participation

- This division includes players in the 5th grade and under who are eleven (11) years old or younger before September 1, 2024.
- Every child is required to play a minimum of one-fourth of each game provided the child has attended practices regularly and has not been a discipline problem.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate "D" for discipline; "I" for injury/illness. On the reverse of the score sheet the coach must give the player's name and number and the reason for the disciplinary action.

- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.
- In **All Divisions no single digit greater than 5 may be used**. These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations).
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.
- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Not allowed:
 - Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
 - Hard casts (Soft casts or soft braces are allowed but must be wrapped)
 - Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Four (4) quarters of seven (7) minutes each.
- The clock will stop for time-outs and fouls.
- During the last two (2) minutes of the game, the clock shall stop when an official signals for a foul, a held ball, or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of an unusual delay in getting a dead ball live and for emergency.
- One 3 Minute Overtime

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be jump ball at center court.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure.

Official Ball

- Division 5 Boys and Girls will use the official composite leather ladies size ball 28.5 (Size 6)
- Leather balls may be used if agreed upon by both head coaches.
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.
- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 12 Foot Line. The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- Goal Height - 10 Feet

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

3 Point Baskets

- 3 Point baskets are awarded if the 3-point arc is marked on the court

Full Court Press / Mercy Rule

- No Full Court Press when leading by 20 points or more.
- When this violation occurs, the ball will be awarded to the offended team at mid-court by means of a throw-in.
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Five (5) hours per week.

Division 4

Eligibility and Participation

- This division includes players in the 4th grade and under who are ten (10) years old or younger before September 1, 2024.
- Every child is required to play a minimum of one-fourth of each game provided the child has attended practices regularly and has not been a discipline problem.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate “D” for discipline; “I” for injury/illness. On the reverse of the score sheet the coach must give the player’s name and number and the reason for the disciplinary action.
- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.
- In **All Divisions no single digit greater than 5 may be used**. These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations).
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.
- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Not allowed:
 - Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
 - Hard casts (Soft casts or soft braces are allowed but must be wrapped)
 - Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Four (4) quarters of seven (7) minutes each.
- The clock will stop for time-outs and fouls.
- During the last two (2) minutes of the game, the clock shall stop when an official signals for a foul, a held ball, or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of an unusual delay in getting a dead ball live and for emergency.
- One 3 Minute Overtime

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be a jump ball at center court.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure.

Official Ball

- Division 4 Boys and Girls will use the official composite leather ladies' size ball 28.5 (Size 6).
- Leather ball may be used if agreed upon by the coaches.
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.
- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 12 Foot Line
- The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- **Goal Height – Boys 10 Feet / Girls 9 Feet**

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

Full Court Press / Mercy Rule

- Pressing is allowed in this division
- No Full Court press when leading by 10 points or more.
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.

- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Five (5) hours per week.

Division 3

Eligibility and Participation

- This division includes players in the 3rd grade and under who are nine (9) years old or younger before September 1, 2024.
- Every child is required to play a minimum of one-fourth of each game provided the child has attended practices regularly and has not been a discipline problem.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate "D" for discipline; "I" for injury/illness. On the reverse of the score sheet the coach must give the player's name and number and the reason for the disciplinary action.
- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.
- In **All Divisions no single digit greater than 5 may be used**. These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations).
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.
- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Not allowed:
 - Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
 - Hard casts (Soft casts or soft braces are allowed but must be wrapped)

- Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Four (4) quarters of seven (7) minutes each.
- The clock will stop for time-outs and fouls.
- During the last two (2) minutes of the game, the clock shall stop when an official signals for a foul, a held ball, or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of an unusual delay in getting a dead ball live and for emergency.
- During the last minute of the game on a dead ball situation, the clock will not start until the ball crosses the half court line.
- One 3 Minute Overtime

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be a jump ball at center court.

Alternating Possessions

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure

Official Ball

- Division 3 Boys will use the official composite leather ladies size ball 28.5 (Size 6).
- Division 3 Girls will use the composite leather youth size ball 27.5 (Size 5).
- Leather ball may be used if agreed upon by both head coaches.
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.
- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 9 Foot Line
- The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- Goal Height - 9 Feet

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

Full Court Press / Mercy Rule

- No full court press
- When this violation occurs the ball will be awarded to the offended team at mid-court by means of a throw-in.
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Five (5) hours per week.

Division 2

Eligibility and Participation

- This division includes players in the 2nd grade and under who are eight (8) years old or younger before September 1, 2024.
- Every child is required to play a minimum of one-fourth of each game provided the child has attended practices regularly and has not been a discipline problem.
- Every child is required to play in both halves of the game.
- If there is a discipline problem or if a player is ill or injured, it must be noted on the score sheet **prior to the start of the game**. Indicate "D" for discipline; "I" for injury/illness. On the reverse of the score sheet the coach must give the player's name and number and the reason for the disciplinary action.
- Players who are being disciplined or who have been designated as injured/ill will not be allowed to enter the game and will be considered ineligible for that game. The officials will not knowingly permit these players to enter a game but, in any event, the responsibility lies with the coach.
- The playing of an ineligible player will result in a forfeit whether done intentionally or not.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **BOTH THE FRONT AND BACK**. These numbers shall be **permanent, visible number**. **Numbers of tape or paper are illegal**. Players wearing such numbers will not be allowed to enter the game.

- In **All Divisions no single digit greater than 5 may be used.** These are legal numbers: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55 (Technical Foul will be assessed at the beginning of the game for uniform violations).
- Members of the same team **may not** wear identical numbers.
- Gym shoes must be worn for all games.
- All team members must wear the same color and style shorts. If players wear undershirts, all shirts must be the same color.
- No undergarments may extend below the game shorts, however, compression shorts which are unadorned and of a single color similar to the predominate color the pants may be worn.
- Jewelry is not allowed. Using tape to cover recently pierced ears is not allowed.

Duration of the Game

- Four (4) quarters of seven (7) minutes each.
- The clock will stop for time-outs and fouls.
- During the last two (2) minutes of the game, the clock shall stop when an official signals for a foul, a held ball, or violation. Clock is also stopped by officials because of an injury, to confer with scorer or timer, because of an unusual delay in getting a dead ball live and for emergency.
- During the last minute of the game on a dead ball situation, the clock will not start until the ball crosses the half court line.
- One 3 Minute Overtime

Time Outs

- Each team is entitled to 4 charged time-outs per game. During each extra period, each team is allowed at least one time-out. Unused time-outs accumulate and may be used at any time.
- Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any extra period at the expense of a technical foul for each.
- Successive time-outs shall not be granted after the expiration of playing time for the fourth quarter or any extra period.

Start of Game

- To start the game there will be a jump ball at center court.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure

Official Ball

- Division 2 Boys will use the official composite leather ladies size ball 28.5(Size 6).
- Division 2 Girls will use the composite leather youth size ball 27.5(Size 5).
- Leather ball may be used if agreed upon by both head coaches.
- Each team will furnish a regulation basketball of good quality and condition. The officials will decide which ball will be used prior to the start of the game.

Substitutions

- There may be any number of substitutions.
- A substitute who desires to enter the game must:
 - a) Report to the scorer;
 - b) Give his/her number of the player he/she is replacing.

- When substituting more than one player, all players must report at the same time to enter the game.
- When substituting between quarters, substitutes must report to the scorer table.
- No substitutions allowed during the last 30 seconds of the first 3 quarters of the game unless a time out or if a foul is called.

Free Throw Line and Goal Height

- Free Throw Line - 9 Foot Line
- The lane area which determines the boundary for the 3-second violation is that part of the free throw lane between the end boundary and the farther edge of the free throw line.
- Goal Height - 8 Feet

Free Throws

- The one-and-one for common fouls beginning with the seventh team foul in the half is eliminated. Established is the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

Full Court Press / Mercy Rule

- No full court press
- Once a team is leading by 30 points, the clock does not stop for the remainder of the game unless a foul or time-out is called.

Conduct of Coaches, Spectators & Players

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Practice Time

- Maximum of Five (5) hours per week.

Division 1

Eligibility and Participation

- This division includes players in the 1st grade who are seven (7) years old or younger before September 1, 2024.
- Every child is required to play a minimum of half of each game provided the child has attended practices regularly and has not been a discipline problem

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **both the front and the back.**
- Not allowed:

- Jewelry (i.e. earrings, watches, necklaces) Earrings can be removed prior to game time but covering with tape is **not** allowed.
- Hard casts (Soft casts or soft braces are allowed but must be wrapped)
- Hair accessories (i.e. clips, beads, pins)

Duration of the Game

- Games will consist of four 7 minute running quarters
- 30 seconds between quarters and 1 minute halftime
- Score will not be kept

Start of Game

- To start the game the visiting team will inbound the ball opposite the scoring table

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure

Supplemental Rules

- 4v4 Full Court
- 3 second violation will not be called.
- No free throws will be shot
- Traveling and double dribble will be called if the player earns a significant advantage from the violation or if multiple violations continue to occur.
- No stealing the basketball
- No shot blocking
- If an offensive player loses possession of the ball, a defensive player may gain possession.
- Teams will be required to play man to man defense
- One (1) coach per team is allowed to be present on the court as long as they are not impeding play. Coaches must remain above the “3- point arc.” Coaches and spectators should **not** be under the goals while the game is in progress.

Official Ball/ Goal Height

- 27.5” rubber youth size ball (Size 5)
- 8’ goals

Practice Time

- Maximum practice time is four (4) hours per week

Conduct of Players and Coaches

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.
- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches & Spectator Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

Division K

Eligibility and Participation

- This division includes players in Kindergarten who are six (6) years old or younger before September 1, 2024.
- Every child is required to play a minimum of half of each game provided the child has attended practices regularly and has not been a discipline problem.

Uniforms

- All players on a team must have the same color uniforms with contrasting numbers on **both the front and the back.**

Duration of the Game

- Games will consist of four 7 minute running quarters
- 30 seconds between quarters and 1 minute halftime
- Score will not be kept

Live Ball and Dead Ball

- To start the game the visiting team will inbound the ball opposite the scoring table.

Alternating Possession

- To start the 2nd, 3rd and 4th quarters, the ball shall be put in play by inbounding the ball in accordance with the alternating possession procedure

Supplemental Rules

- 3v3 Half Court
- 3 second violation will not be called
- No free throws will be shot
- Traveling and double dribble will not be called. Play may be stopped by official for instruction.
- No stealing.
- No blocking shots.
- If an offensive player loses possession of the ball, a defensive player may gain possession
- One (1) coach per team is allowed to be present on the court as long as they are not impeding play. Coaches and spectators should **not** be under the goals while the game is in progress.

Official Ball/ Goal Height

- 25.5" rubber youth size ball (Size 4)
- 8' goals

Practice Time

- Maximum practice time is four (4) hours per week

Conduct of Players and Coaches

- Only team members and coaches are to be present on the bench.
- Assistant Coaches must remain seated on the bench at all times.

- All Warnings and Technical Fouls issued to coaches for misconduct will be subject to the CYO Coaches' / Spectators Discipline Policy (Page 17).
- All Warnings and Technical Fouls issued to players for misconduct will be subject to the CYO Player Discipline Policy (Page 18).

Forfeit Time

- In the CYO league there is no time allowed for a game to be declared a forfeit. If a team cannot be fielded at game time or when instructed by the official, the game will be declared a forfeit.

CYO COACHES' / SPECTATOR DISCIPLINE POLICY

Coaches Discipline Policy

- Coaches, parents, and spectators play a vital role in supporting CYO athletes. This discipline policy is in place to ensure that all involved in the CYO behave in a sportsmanlike manner that is consistent with the Catholic values of the organization.
- Warnings issued by officials for unsportsmanlike conduct will be subject to the CYO Coaches' / Spectators Discipline Policy and documented on the official scoresheet for that contest.
- **1st Offense or Technical Foul - Step 1 of CYO Coaches' / Spectator Discipline Policy**
- **2nd Offense or Technical Foul – Step 2 of CYO Coaches' / Spectator Discipline Policy**
- **3rd Offense or Technical Foul – Step 3 of CYO Coaches' / Spectator Discipline Policy**

Step 1 - First Offense or Technical Foul

- Warning Issued by Parish Athletic Rep
- Warning Issued in Writing by CYO Executive Director

Step 2 - 2nd Offense

- Coach / Spectator is suspended for one (1) contest
- Notified by parish athletic rep
- Notified in writing by CYO office.
- Pastor is notified in writing by CYO office.

Step 3 - 3rd Offense

- Coach / Spectator is suspended for remainder of season (minimum two (2) games)
- Notified by parish athletic rep
- Notified in writing by CYO office
- Pastor is notified in writing by CYO Office
- Meeting held with Coach, Athletic Director, & CYO Director (Pastor will be asked to attend)
- Situations not subject to an official's discretion will be presented to a three-person committee to decide disciplinary action. Committee will consist of members of the CYO Advisory Committee not directly involved with the coach or coaches in questions.
- Warnings and Suspensions will carry over to the next Sports' Season (Fall, Winter, or Spring)
- No Coach, Spectator or Player may approach the scorer's table or officials after the game. No Spectator may approach the scorer's table during the game (Automatic One Game Suspension)

Player Discipline Policy

1st Offense or Technical Foul – Warning

2nd Offense or Technical Foul – Suspended for First Half of Next Contest

3rd Offense or Technical Foul – Suspended for One Contest

Athletic rep will be notified in writing after each offense by CYO Office.

Postseason Tournament Seeding

- **Will be determined after Game 7.**
- If the higher seed cannot be determined through win-loss record the following criteria will determine the higher seed.
- Head-to-Head Competition. If one team has a superior head-to-head record in games played versus other tied teams, that team will be the higher seed.
- Winning Percentage. If (1) fails to determine the higher seed... The team which has the highest winning percentage against all the other tied teams during regular season play will be designated the higher seed.
The team which had the highest winning percentage against the highest ranked team in the standings not involved in the tie will be determined as the highest seed.
- Coin Flip. If all above methods fail, the higher seed will be determined by a coin flip.